Passed March 1828

An

Inaugural Dissertation

on

Rheumatismus, or Rheumatism,

by

Charles Evans

of

Philadelphia

2 month 27th 1828.

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It is not to be expected that the inaugural address of a Student of Medicine, when treating on a disease which has claimed the attention and investigation of the most enlightened practitioners of the Science, should be the vehicle for conveying a new theory of that disease; or a course of remedial practice heretofore untried.

The labours of the Student should be directed towards the acquisition of the stores of knowledge, which are to be found in the works of those, to whom, experience has given the right to instruct; and whose practical success has convced the correctness of the opinions they inculcate, rather than in building up a novel theory, or advocating a new practice, which it can hardly be expected he has had an opportunity of testing, and which after experience may prove to be fallacious. He should not however blindly adopt the theories, or advocate the opinions of any man, or set of men, without

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exercising his judgment in making the selection, and investigating and testing the premises from which their conclusions were drawn. It is therefore his duty to collect, and collate the facts and opinions, mentioned and enforced by those Authors of distinction, who have treated upon the disease he has chosen for the subject of his thesis; and avail himself of the knowledge thus obtained, in deciding upon the practice he may hereafter pursue in its treatment.

I have chosen for the subject of the present essay, a disease, which though it seldom proves fatal; yet from the slight causes by which it is sometimes produced, the pain which it inflicts on those who are its victims, its liability to recur, and the irremediable injury to which it sometimes gives rise, is to be regarded as a most serious and formidable complaint. A disease, occasionally so intractable as to yield to no course of practice, however carefully devised and patiently pursued, but which holds on in its career, sapping the strength of the patients constitution, annihilating the power of locomotion, and impairing the other functions of the extremities; presents as strong

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claims for accurate knowledge, and efficient treatment, as are demanded by those more active maladies, which either speedily submit to the efforts of the Physician, or terminate the patients sufferings with his life ——. It may perhaps be owing to the circumstance that death so seldom results from rheumatism; and the consequent difficulty of elucidating its phenomena by morbid anatomy, that some of the doctrines connected with its pathology and treatment still remain involved in obscurity and doubt. The disease is therefore the more to be dreaded because (notwithstanding the frequency of its occurrence and the number of cases which daily claim the care of the practitioner) the most experienced, are sometimes in doubt respecting the best mode of relieving the suffering, and obviating the evils to which it gives rise. We find indeed numerous authors who recommend their own peculiar plans of treatment with the greatest confidence, and assert that they are attended with the fullest success; but these plans are frequently of a directly contrary tendency; and we are forced to the conclusion that some must necessarily be

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improper, unless indeed we imagine that all are equally useless.— Rheumatism has been defined variously, according as its pathology has been investigated, and gradually understood, or in compliance with the favorite speculations of the Author, or the fashionable theory of the period in which he wrote. Perhaps that is least liable to objection which describes it as "Pain of a peculiar kind usually "attended with inflammatory action, affecting the white "fibrous textures belonging to muscles and joints, such "as tendons, aponeuroses, and ligaments; the synovial mem-"branes of the bursæ and tendons, and nerves; occasioned by the "influence of variable temperature, or by direct application of "cold, or by moisture".

Sydenham supposes the ancients to have blended gout and Rheumatism together, considering the latter as a modification of the former disease, and using the term Arthritis to express both indiscriminately, and according to Sendamore it was not untill the year sixteen hundred and forty two that it was treated of separately —

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Ballonius a physician of Paris appears to have had the merit of first making a distinction between the two diseases. He mentions that it had been previously confounded with Catarrhus and Arthritis. He named, defined, and treated of the complaint in accordance with the system of humeral pathology which was then so much in vogue, and considered so satisfactory. Since then several, even among those who have held a high rank in the profession, have denied to it the character of an idiopathic complaint and endeavoured to reunite it with Gout, and establish the antiquated doctrine of the two being but modifications of the same disease — Experience has proved this idea to be incorrect and set the matter at rest; but the distinction between them is not always clearly defined, and when Rheumatism is unattended with fever, those who have not much experience may be readily deceived. In general however it arises from a cause which has been obvious, without any previous affection of the Stomach, and the larger joints and their appendages are the seats of its action; while Gout originates in

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Most authors treat of Rheumatism under two divisions, Acute and Chronic, but there are some forms of the disease, which may be more properly designated Sub-Acute. When located in the loins it takes the name of Lumbago, and when in the hip it is denominated Sciatica. — Though there is a close analogy in the pathology of these affections yet their relative distinguishing symptoms are generally well marked, and enable the practitioner in most instances, readily to decide which form of the complaint he is called upon to relieve —
The acute stage of Rheumatism is distinguished by the severe pain and the accompanying fever; while the chronic, though sometimes the original disease is more generally the sequel of the acute, and differs from it in the absence of the general fever, in the inflammation of the parts being less severe; and is characterized principally by a dull heavy pain and stiffness. There is likewise less disposition to metastasis in the latter than in the former division. Sub-acute Rheumatism may be considered as comprehending that form of the disease

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where the local affection is more circumscribed and isolated, than in general acute rheumatism, and the accompaying fever of a milder type; its symptoms being intermediate between that, and the chronic form — But although those differences in the symptoms which characterize these varieties are generally so well marked at to prevent much difficulty in discriminating between them, yet instances may and do occur, where it is by no means easy to distinguish a slight degree of one from the other, and it is sometimes still more difficult, to decide to which variety the more local affections are to be refered — In seeking for the causes which predispose the system for the reception of a rheumatic attack; many Authors have assumed hereditary structure as one; but as this is not susceptible of positive demonstration, I shall content myself with stating, that "cæteris paribus" those who are of a sanguineous temperament, with a delicate skin, and on whom perspiration is readily produced by bodily exercise, are the most likely to suffer from it. The disease is not however confined to any particular class of persons; nor are its attacks excluded from any particular

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period of life: for although in its acute form, it generally affects individuals between twelve and forty years of age, yet the early stages of infancy are not always exempted from it; and the infirmities of old age are sometimes doubly aggravated by the torturing pain with which it is accompanied —— Speaking generally, it may be said, that all those causes which tend to enervate the system, and produce debility, predispose to the attack of Rheumatic inflammation: hence persons recovering from long continued fever, where the strength has been greatly prostrated; or whose digestive organs are so diseased as not to yield sufficient nutriment to support the usual tone of the system, and those who are much debilitated by long continued, or excessive perspiration are more liable to its assaults when exposed to the influence of exciting causes; than those who are in the enjoyment of health. Local injuries, seasons of the year, and climate, are likewise productive of the same effects —— The sensible qualities of the atmosphere, cold and moisture, suddenly or unequally applied are generally the exciting causes of Rheumatism. Cold being a relative

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term, it is to be understood here, as applied to the difference of temperature between the atmosphere with which the patient is, or has been surrounded, and one, into which he is suddenly introduced, or to which, he is accidentally exposed. Thus after leaving a room where the system has been relaxed by warmth and exercise; exposure to the external air will probably excite rheumatism, in a system thus predisposed to its attack; and this effect is rendered more probable if to the relative coldness of the air, moisture is superadded. A partial application of cold and moisture separate or combined, as a stream of cold air blowing upon some part of the body, while the remainder is protected; or cold water poured upon the head, feet, shoulders, or breast, will likewise frequently produce the same morbid effects. Wearing damp clothes, sleeping in damp beds, or living in damp houses, are but different exhibitions of the same agents, and acting under like circumstances must be followed by the same results.—

Originating from the various causes which I have enumerated as predisposing and exciting; we are naturally led to look for

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its victims among that class of society who are most frequently brought within the sphere of their influence, and more constantly subjected to their deleterious effects. Thus we often find the wards of our hospitals, filled with Sailors, who after having breasted the storms of the Ocean for years, and withstood the vicissitudes of almost every climate; are at last obliged to seek an asylum, where, they may procure an alleviation of the severe penance, which this disease exacts for exposure and hardship, either thoughtlessly incurred, or the necessary attendant upon their avocation. The inhabitants of districts of marshy country pervaded by fogs; Soldiers performing long marches during continued rain; and those whose employments expose them to wet and cold, as ditchers, fishermen &c; are peculiarly liable to this disease. No class however are exempt; and in the City, the Practitioner is as frequently called upon, by those surrounded with comfort and luxury, to remove or palliate the pain of Rheumatism, as by any other class.

Rheumatic inflammation appears to be located primarily, in those textures, which do not readily take on the suppurative

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process, as ligaments, tendons, aponeurotic expansions, bursæ, and the muscles themselves, and sometimes though very rarely, extends to the adjacent cellular membrane; in which case, pus is secreted. A gelatinous fluid is sometimes effused into the sheaths of tendons, and capsular ligaments; and occasionally coagulable lymph is thrown out by the inflamed vessels, which becoming partially organized, thickens the fascia and tendons, and impairs or destroys the motion of the joint, or by pressure upon the nerves produces partial paralysis.— There is no other disease which presents such extraordinary examples of sudden and complete metastasis: the abatement of pain in one part, frequently does but prepare the way for the appearance of every morbid symptom in some other, quite remote from the former; and by this means, the deep seated organs, as the heart, brain, kidneys, and intestinal tube, are sometimes subjected to its action. The constitutional irritation, and other symptoms are proportionally severe according to the sensibility of the part affected, the violence of the attack made upon each; being the same —

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In general there is but a short interval between the exposure to the causes producing rheumatism; and the primary symptoms of the disease, and the attack is first announced by chills, and the usual phenomena of pyrexia, as lassitude, loss of appetite, soreness and aching, nausea and headack. The pain which now comes on, most frequently commences in the larger joints of the lower extremities, as the ankles and knees; the joints of the body and upper extremities soon participate and the parts become swollen from the distension of the bursæ, and sheaths of the tendons, and assume a vivid red appearance owing to the injection of arterial blood into the capillaries. This redness and swelling are not however always present — As the constitution sympathizes, a fever is quickly induced; which is indicated by a full, round, quick pulse; varying from one hundred and ten, to one hundred and twenty; the tongue is at first coated with a white fur, which soon changes for a covering of brown mucus; the skin is warm, but moistened with a perspiration of a peculiar acid taste and odour; the bowels

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constipated but readily relaxed by purgatives; and the urine scanty and high coloured. When a crisis occurs it deposits a lateritious sediment. The fever is of a remittent type, with exacerbations in the evening; at which time there is likewise an increase of suffering from pain. External warmth also aggravates the pain. Sometimes occasional ease is experienced when perfectly at rest, but the slightest motion produces extreme agony — When the local affection precedes the chill (as is sometimes the case) the pain is steadily fixed in one part; but when the chill is precedent, it wanders through the system most capriciously, affecting one joint after another; or darting internally upon some vital organ; rendering every spot which it touches peculiarly tender and sensitive.

In many cases the disease appears to run a defined course; uninfluenced by any remedial treatment. Its continuance varies being seldom less than ten days, or more than six weeks: cases however occur, in which it is protracted far beyond that period. Gout is the disease most likely to be mistaken for Rheumatism

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and in some cases, it is difficult to form a correct diagnosis; but by the concurrence of several circumstances, they are generally readily distinguished. As gout has its origin in the stomach, that organ is always affected previous to its attacks; and in contradistinction to Rheumatism, it seizes upon the smaller joints; where it generally remains without metastasis during the whole period of its career. The fever in Gout has a more complete remission than in Rheumatism; and the pain is sometimes absent for hours together. Hereditary predisposition to gout, serves to distinguish it, as do likewise the chalky concretions about the joints — Those cases of Acute Rheumatism which occasionally occur in persons of an arthritic diathesis, are however very perplexing; yet fortunately, errors in discrimination, are not likely to betray into a practice injurious in either disease. Lumbago may be distinguished from Nephritis, with which alone it is liable to be confounded; by the pain which attends the former in stooping, by the numbness of the thigh, and the retraction of the testicle in the latter. The pain in Sciatica does not extend so high as that

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attendent upon Psoas Abcess; and while the latter is attended with swelling; in the former, the whole buttock sometimes wastes away. When the Rheumatic inflammation is seated in the Pleura, or Intercostal Muscles, it may possibly be mistaken for Pleurisy; but the fever is less, and the pain greater, and increased by pressure. That Rheumatism is one of the most tedious and ungovernable of acute inflammations, cannot be doubted, but when subjected to a judicious course of treatment it may almost always be cured; and it never proves fatal unless when translated to some vital organ. No serious apprehension, as regards the life of the patient, need therefore be entertained, so long as the disease confines its ravages to the external parts of the body; but in forming a prognosis relative to the duration of the attack; there is no disorder in which an opinion can be less certainly pronounced. Where the inflammation and pain remain fixed in the part first attacked, without manifesting a disposition to shift about; and the constitutional irritation is not severe, with the skin of the natural temperature and generally covered with perspiration devoid of acidity or fetor, we may safely

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anticipate a steady recovery; and in more vident cases, a subsidence of the pain and phlogosis, an abatement of fever, with cleaning of the tongue, and the bowels becoming open and regular, and the urine losing its high colour, or depositing a lateritious sediment, all prognosticate approaching convalescence. The disease sometimes assumes the chronic form, and after long continued irritation, may ultimately give rise to hectic fever —
As regards the pathology of this disease, different opinions have been entertained, by many of those Authors, who have made it the subject of investigation. The humeral pathologists bestowed upon it the name of rheumatism from an idea that the irritation and phlogosis were caused by the acrimonious particles of the blood being filtered off through the muscles and tendons; while others have ascribed its phenomenon to a peculiarity in the inflammation itself. That rheumatic inflammation is precisely analagous to that of any other disease, depending upon an engorgement of arterial vessels, is now generally admitted and all its peculiarities, as severe pain, full quick pulse, and the secretion

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which follows, where resolution is not obtained; are to be attributed to its being located in the fibrous tissue —

In its primary character it can hardly be considered as a constitutional disease. The circulation in the parts affected is rendered weak and languid, by those circumstances which act as predisposing causes; and the consequent irritation attendant upon the application of cold and moisture, invites a preternatural flow of blood to the parts, which penetrating the debilitated and relaxed capillaries; engorgement and inflammation necessarily ensue: the system soon sympathizes with the local injury, and fever, and the other general morbid symptoms are developed. These symptoms are mild or severe, according to the extent, or sensibility, of the texture locally affected; and in the chronic stage, fever and some other of the usual derangements are not often to be detected —

In reviewing the different modes of treatment in Acute Rheumatism; recommended by those to whom we are taught to look up, as to men authorized by professional eminence, and successful practice, to dictate and to teach;

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so dissimilar, and often so contradictory are they in character; and so triumphantly does each Practitioner assert his antagonist to be wrong; that a casual reader might be almost ready to suppose, either that the disease exists indifferently in the most opposite states of the system; or, that the united experience of the Faculty, goes only to prove, which plans of treatment are useless or injurious; without determining what better methods should be substituted in their place. May we not however suppose that like the travellers who disputed upon the colour of the Chameleon, in some respects "all are right and all are wrong", and reconcile their discrepancies, by the knowledge of the fact; that locality, and idiosyncrasy, impress upon this, as upon every other disease, their own peculiar features and colouring.— In marking out a course of curative treatment for any complaint; it is not expected that it should be so excursive or so detailed, as to comprise within its limits, resources for counteracting every anomalous symptom to which accident or peculiar diathesis may give birth. The Physician does not, or at least ought not, to prescribe for a disease by name, or abstractly

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but is expected to apply his remedial agents according to the morbid symptoms developed, and the constitution and habits of his patient — No treatment however can be exculpated from the charge of being empirical, which is not founded upon correct ideas of the pathology of the disease under care; and none safely recommended, unless sanctioned by an extensive and accurate experience —

A majority of the humeral pathologists entertaining the opinions they did, upon the origin of Acute Rheumatism; have recommended copious and frequent abstractions of blood; as the most speedy and effectual remedy that could be adopted. Others of them however, alleged that the disease possessed a peculiar tendency to produce general debility, and therefore discarded bloodletting altogether, as not reaching the local affection, and being calculated to increase this state of weakness; which it is so difficult to remove, and so injurious in its consequences. In the treatment of the disease as it is generally met with in our climate; venesection is one of the first and most powerful means to which we resort for the alleviation

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of its symptoms, and arresting its progress; and when judiciously adopted, nothing is found so effectual in giving relief, its first employment sometimes entirely subduing the force of the complaint. – It is necessary however to form a correct judgment, in having recourse to this, or any other remedy, and to adapt its application, to the violence of the attack, the constitution and temperament of the patient; each individual case being treated according to its own peculiar symptoms – In no case should it be carried to such an extent as to produce great general debility, or constitutional weakness; for thereby metastasis to some internal organ may be induced; or the disease be so protracted in its course, as ultimately to degenerate into the Chronic form: but where the constitution is robust, the pain acute, and the fever high, with a full strong pulse; an immediate resort to the Lancet should be had; and depletion by it may be continued at suitable intervals, untill the violence of the pain is mitigated; and the pulse reduced to its natural softness, and frequency.

After the fever and other constitutional derangments have abated, even though the local inflammation may still remain; it is

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better to have recourse to the application of Leeches or Cups to the affected part; rather than to continue the abstraction of blood from the system generally. Where the attack is made upon the diaphragm, or interiostal muscles, so as greatly to impede breathing; or upon some important organ, as the heart, Stomach &c; copious blood-letting is instantly demanded, and must be persevered in untilt relief is obtained — I have mentioned, general debility, arising from previous indisposition, as being a predisposing cause to this complaint; in cases of this character, and also in persons of intemperate habits, or naturally with a languid constitution, greate caution must be observed, though even here, the presence of high inflammatory diathesis, justifies the use of general bleeding. When successfully applied, the loss of blood, allays the severity of the suffering, removes the sensation of oppression, and moderates all the febrile uneasiness; the patient at the same time not being conscious of a decrease of strength. It is better to bleed moderately, and repeat the operation as circumstances may demand; rather than to take away a very large amount at one time.

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We are not however to rely too much upon bleeding, in our efforts to eradicate this disease from the system. As auxilliaries there are few more powerfull than purgatives. In consequence of the inflammatory action, and partial suspension of secretion, we almost invarially find costiveness attendant upon the early stages of an attack of Acute Rheumatism. To overcome this, and assist in reducing vascular action; a variety of cathartics have been recommended. Except where the functions of the Liver are deranged, or the disease complicated with some other visceral obstruction; the Neutral Salts, as the Sulphates of Soda and Magnesia, either alone or combined with an infusion of Senna; or Sulphur alone or combined with Jalap; or Castor Oil mixed with Spirits of Turpentine; or Calcined Magnesia and Rochelle Salt, will be found to answer every indication. The doses of these medicines, are to be regulated as regards quantity and frequency, according to the urgency of the symptoms which call for their employment; any peculiarity of the patients situation or constitution being constantly kept in view. One or other of the following formulæ, will be pre-

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℞ Sulph Magnes, vel Sodæ — ℥j
Sacc: Album ℥iij
Aqua Pura ℥iv
Spt Lavend Comp gtt XLVIII
M.ft. — Take a tablespoonfull every hour

Vel

℞ Fol: Sennæ Alexan ℥iij
Sulph Magnesiæ ℥vi
Sem: Anisi aut Fœnic ℥ij
Infuse in One pint of boiling water for twenty minutes; and give a teacup full every hour untill it operates freely

Vel

℞ Flores Sulphuris ℥ss
In chartes iv dividenda
Give One every two hours.

℞ Flores Sulphuris ℥ss
Pulv Jalapi gr XLVIII M.ft.
In chartes vi divide — One every hour or two

Vel

℞ Oleum Ricini ℥ij
Spt Terebinthina — ℥ij
Pulv Gum Arabic ℥iij
Aqua Mentha Sinp ℥iv M.ft
A tablespoonfull every hour untill it operates freely

Vel

℞ Magnesia Usta ℥j
Tart Potassæ et Sodæ ℥ss
Succus Limonis Recen ℥j
Aqua Pura ℥iv
M.f.t. — Signe, Take a tablespoonfull every hour. — —

Should the Liver be in a State of torpor, or some other unusual symptom demand it, we may resort to Mercurial purgatives, taking

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care however so to apportion the doses, as that the effect desired, may be obtained by the smallest sufficient quantity.

Calomel, or Mass: ex Hydrargyri, conjoined with some auxilliary as Salap, Rhubarb, or Cathartic Extract, are the best forms of administering Mercury, thus

℞ Calomel gr vi
Pulv Jalapi gr xii
In pulv un fiori

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℞ Calomel grs viii
Pulv Rhei grs xxiv
Sapo Venet grs xvi
Ft mass: et in pil: viii divide
Take two every hour untill they operate freely.

℞ Mass: ex Hydrar: gr xvi
Pulv Jalapi gr xxxii
Aqua. q. s. ft mass: in pill viii dividend:
Take 2 every two hours untill they operate.

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℞ Calomel gr v
Ext Colocynth Comp gr xx
Ft: mass: et in pill: v divide
Take one every hour untill they operate freely.

The addition of Tartarized Antimony, to the cathartics employed, is a favorite practise with many Physicians, with a view of producing an action upon the skin, at the same time that the bowels are evacuated. Haygarth states it to have been his custom to cleanse

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the prima via with either Antimonial Powder, or Tartar Emetic, previous to the exhibition of Bark; and Scudamore recommends it, with the Carbonate of Magnesia, Carbonate of Potash and Lemon Juice — In the use of this class of medicines, we must guard against carrying them so far, as greatly to debilitate the system, or to produce so much irritation in the intestinal canal, as to invite a metastasis from the more external parts already affected: They must however be prescribed untill the prima via is thoroughly cleansed, and the inflammatory action reduced. Although the increase of pain from going to Stool, is some objection to the use of Purgatives, yet the great relief which is mostly attendant upon their judicious application, greatly overbalances this, and entitles them to the high estimation in which they are universally held. It is better, if other circumstances admit, to give the purge in the morning; in order that its operation may be over before night; at which time, if there is much pain, it may be advisable to administer an anodyne.

At the same time that we are evacuating the bowels, we may employ Diuretics, which often prove powerful adjuvants

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in the cure of this disorder. A solution of Sup: Tart: Potassa may therefore be given advantageously, while using the saline purgatives; and a cold infusion of Pipsissiwa, or as it is vulgarly called Rheumatism weed, often proves beneficial. But the diuretic which appears to be of the most consequence and greatest activity in Rheumatism is the Colchicum, in praise of which most Authors who have had an opportunity of testing its virtues, have united. The acetic, or Vinous Tincture of the Seeds is now generally prefered to any other of its preparations: the dose is from twenty, to thirty drops, three times a day gradually increasing. Besides its operation as a diuretick, it appears also to exert a specific influence upon the heart and Arteries; diminishing the circulation, and reestablishing the lost equilibrium of the system. It is extensively employed in our Hospital and Alms House, and appears to sustain the reputation it has acquired —

Inasmuch as the functions of the Stomach are rarely impaired at the commencement of this disease; We seldom find it necessary to resort to Emetics in the course of its

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treatment. Where the attack comes on however while the Stomach is overloaded with food; or where the Patient is resident in a district affected by marsh miasmata, and exhibits a predisposition to Intermittent Fever; they may be advantageously used, it being generally safest to precede their exhibition by blood-letting. In delicate constitutions; if Emetics are at all employed, it is better to use those of the milder kind, as powdered Ipecacuana, or the wine of this root; but to produce their full effect, the addition of Tartarized Antimony will be found serviceable.

Having by these means, allayed the violence of vascular excitement, and thus prepared the System for their reception; We may now have recourse to Sudorifics. The primary action of this class of medicines being stimulating; they cannot be beneficially employed, while there is much phlogosis. They produce relief of the internal parts, by relaxing the Skin, unloading the capillaries, and inviting a flow of blood to the surface. It should be our object to keep up a continued mild diaphoresis, rather than to induce a profuse

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sweat. To attain that object we may administer the Nitrous Powders, the Neutral Mixture, or the Spirit of Mindererus; combining with the latter preparations, Tartarized Antimony in the proportion of one grain to four ounces. Where there is not much fever the Compound Powder of Ipecacuana will be most serviceable; it should be given in doses varying from five to fifteen grains. To assist in promoting the action of these sudorifics, we may at the same time direct hot drinks, such as a decoction of Chamomile, Virginia Snake Root, or Pleurisy Root, the latter of which (the Asclepias Tuberosa) will often of itself produce a profuse perspiration. Warm or Vapour Baths may also be employed, the latter being the most usefull; and the operation should be kept up for twelve or twenty four hours. Should restlesness, or an increase of pain attend the exhibition of the sudorifics they must be suspended

To allay the violence of the pain in Acute Rheumatism, which is generally most severe at night, and prevents sleep; We may resort to some of the Narcotics, of which Opium is the best; but as an inflammatory diathesis precludes the administration

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of this article, and as there are some constitutions on which owing to peculiar idiosyncrasy, it always acts unfavorably, We must content ourselves under such circumstances, with substituting for it, Hyosciamus, Cicuta, or Lactucarium; anodynes, which, though less efficacious, are more readily tolerated. Perhaps under such circumstances the Acetate of Morphia or the Denarcotized Opium might be advantageously resorted to — Where Opium can be prescribed, it may be given in pretty large doses, so as to produce a decided effect. The best form for its administration is the Acetated Tincture, of which, from twenty to forty drops is the proper dose, varying according to the violence of the pain. Laudanum combined with the Acetes Tincture of Colchicum often proves highly beneficial

To relieve the topical affection we should apply Cups, or Leeches, to the part, and afterward if necessary, a succession of Blisters. Sinapisms are likewise recommended as being very prompt in assuaging pain, and arresting phlogosis. Bathing the parts with an alcoholic solution of Camphor is likewise usefull, as also covering them with Plantain Leaves, or those of the Tulip

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Poplar, which by exciting perspiration produce a sense of coldness in the part, and mitigate the pain. If notwithstanding all our efforts to arrest its progress, the disease still continues to go on, and seems disposed to decline into the Chronic State, as a last resourse, We must interpose Mercury, and push its use, untill a slight salivation is produced. For this purpose, Blue Mass may be given, either alone, or, if there is much pain, in conjunction with Opium

During the whole course of this treatment, the strictest attention should be paid to the diet of the Patient. It should be of the lightest kind, and during the presence of fever, and other general inflammatory symptoms, it should be restricted to Barley or Rice water, water Gruel, and Panada, sedulously avoiding animal food in any form. The room should be kept of a moderate temperature, not exceeding 60° or 65° of Fahrenheit, and be well, though cautiously ventilated; the patient not being covered with more than a usual quantity of bed clothes.

If the pain will allow of it, he may be allowed to set up.

Convalescence will be assisted, by the use of Tonics, as Columbo,

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Gentian &c, but more especially the Sulphate of Quinine, carefully administered, in small and repeated doses.

The morbid symptoms having subsided, the tongue cleansed, and the organs restored to their healthy functions, the diet may be made more nourishing, and Soup, Oysters, or a small quantity of meat, substituted for the Barley Water &c; but the return to the usual mode of living should be very gradual. Frictions upon the joints and muscles, and the frequent motion of the parts should be enjoined, in order to prevent or remove the stiffness and debility, which are the frequent sequellæ of this disease

In those anomalous forms of Acute Rheumatism, where the disease locates itself in the cutis or superficies of the body, or in the scalp; producing soreness of the parts, and occasionally fever; the remedies, where the complaint is only local, are warm baths, frictions with Liniments, and Sinapisms; the Volatile Tincture of Guaiacum may likewise be given: but where the pain is violent, especially if situated in the integuments of the head, and fever accompanies; the proper treatment is to bleed and Cup, applying a Blister to the back of the neck. Steaming the head with

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vinegar will sometimes give relief; and a succession of Emetics have occasionally removed the complaint altogether. — — —

Sub-Acute Rheumatism, differing from the Acute, only in its symptoms being more mild, and the disease more circumscribed; it is not necessary to point out any other treatment for its cure, than that which has been already detailed for the other form. The constitutional symptoms being much less severe, general bleeding is rarely required, and the other parts of the curative process, are to be apportioned to the mildness of the disease which we have to combat. — —

Chronic Rheumatism is that condition of the disease, in which the inflammation of the parts possesses less urgent symptoms; being characterized by heavy dull pain and stiffness; and unattended with constitutional fever. It is frequently a consequence of bad management in the Acute Stage of the disorder; but in many instances, it is a primary disease, distinguished by symptoms of its own: and as in either case it is always connected with an atonic state of the system, it demands a corresponding treatment, differing in many respects from that which is appropriate

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in the inflammatory or acute stage. When it appears as an idiopathic complaint, it is usually in those persons who have passed the meridian of life and in some measure lost the sensibility, natural in earlier years, to those textures in which it is located. The causes enumerated as predisposing and exciting in Acute Rheumatism may be considered as equally belonging to this divission of the disease, and Ligaments, Tendons, Periosteum, and the Neurileme of the Nerves are equally the seat of its action: the gelatanous fluid mentioned, as sometimes effused in Acute, is also found occasionally poured out in Chronic Rheumatism, and now and then concreted on the parts affected. More or less swelling takes place in the diseased parts, and they are peculiarly sensible to any change of atmosphere. During an attack the muscles, not being used, will sometimes waste away, oweing to absorption, and their tendons become thickened, rigid and knotted, or their sheaths blocked up with the effused matter, consequently producing distortion and loss of motion. The aponeuroses are also occasionally thickened, and the Bursæ filled up with a jelly like or concrete substance.

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During an attack, the tongue is usually covered with a white fur, the skin dry, and the surface below the natural temperature, the bowels costive, and the pulse varying from sixty-five to Eighty strokes in a minute. The joints, if they are the parts affected, become tumid and œdematous, and the limb cold, and sometimes almost torpid. It often proves very lingering in its course, and exceedingly difficult to manage.

As we have no febrile action to subdue, our indications are, to relieve the topical affection, and restore the strength of the system. General bleeding is rarely, if ever demanded; unless where the disease is complicated with some other affection which gives rise to an inflammatory diathesis: but active and continued purging often proves of the highest utility. Cases are narrated where the disease has been entirely removed by the occurrence of Diarrhea, and daily observation goes to show the close connexion existing between Rheumatism and certain affections of the Alimentary Canal, as Colera, Dysentery &c. Metastasis of the disease from joints, or other external parts affected, to the Bowels; especially if they are in a state of irritation; is likewise not an unfrequent occurrence.

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These facts evince the powerful influence which can be exercised over the disorder, by operating upon the Bowels; and point out the utility of purging when properly conducted. The prescription of Sulphur and Jalap already mentioned, or that of Calomel and Compound Extract of Colocynth may be advantageously employed, or if found unsuitable in any particular case; some one of the saline purgatives may be substituted: the Castor Oil with Turpentine or Cajeput Oil may likewise be given with advantage. Diuretics are also employed in the cure of Chronic Rheumatism; as a cold infusion of Pipsissewa, or decoction of Juniper Berries; and Nitre given in the quantity of an ounce in twenty four hours, dissolved in a Quart or three pints of water, is alleged to have effected a cure in some most obstinate cases. The Tincture of Colchicum, is often highly beneficial, and may be combined with many of the other medicines administered Those remedies which act upon the surface, are often attended with the greatest success in the treatment of this complaint; and as there is little or no constitutional excitement, we may safely prescribe the Compound Powder of Ipecacuana, or Guaiacum and Volatile Alkali; and stimulate their action with hot Wine

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Whey, Lemonade, or Herb Tea. But as a profuse perspiration does not appear always to produce the best effects; it is safer to select those articles which act upon the skin without exciting a copious diaphoresis; as the Terebinthinates, Camphor, Guaiacum &c. Of these the best is the Volatile Tincture of Guaiacum: it should be given in pretty large doses, as from two to four drachms three times a day; or half an ounce may be taken when going to bed, the patient covering himself well with clothes, and drinking freely of some warm beverage; it produces a general glow throughout the system, and often gives relief in a few hours. A decoction of Sarsaparilla and Guaiacum made as follows, may be taken while useing the Volatile Tincture, and should be used hot, viz

℞. Sarsaparilla Contus: ℥i
Rad Lig: Guaiac . . . ℥ss
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To be put into three pints of water, and boiled to a Quart, the whole of which is to be taken through the day. This decoction is often efficacious when administered alone, but it must be continued

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for a considerable length of time. Where the muscles are much wasted away, and there is rigidity of the joints, powered Savin is highly recommended given in doses of ten or fifteen grains, three or four times a day, gradually increasing the quantity. If this disorders the bowels, as it sometimes will do, a small portion of Opium may be combined with it. For persons residing in miasmatic districts, who are suffering under this complaint, Bark, or some of its preparations will generally be found the most speedy and effectual means of restoring health: it should be administered as in Intermittent Fever; the system being first prepared for its reception. In similar cases, Arsenic has also been resorted to with advantage — In some obstinate cases of Chronic Rheumatism, after all other remedies have failed; a mercurial course, judiciously conducted, has proved completely successful. It therefore should be employed as a "dernier resort", and so regulated as to produce but a slight ptyalism; for which purpose the Blue Mass is to be prefered. In directing our topical applications, we must be guided by the state of the parts affected. If there is evidence of increased vascular action with swelling and pain; Leeches, or Cups, will be

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proper, and their employment may be followed by Blisters or Sinapisms. The establishment of Issues in the neighbourhood of an affected joint, or a continued use of Tartar Emetic Ointment, will sometimes give relief; and dry cupping will occasionally remove deep seated pain. Fomentations, and Stimulating Liniments are however most frequently required. Of the latter either of the following may be used with advantage; viz

℞	Linimentum Saponis	℥ij	℞. Linim Saponis	℥iij ss
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	Tinc Thebaica	℥ij	℞. Oleum Cajiput	℥i
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In the application of these remedies, there is no doubt, that a greate share of the benefit is derived from the friction employed; the patient should therefore be enjoined to rub the parts well, with them, four or five times a day. Bandaging with a Flannel Roller has been highly extolled by Dr Balfour; and where there is much muscular weakness, or the complaint is situated in an external Fascia, its high recommendation entitles it to a trial: at night the bandage should be removed, and friction substituted

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Baths of various descriptions, as hot, cold, vapour, and Sulphur have all been strongly recommended; and when respectively applied to those cases for which they are appropriate, have each been attended with salutary results. Their use should also be accompanied with long continued friction, and motion of the parts affected. Electricity is also occasionally resorted to with success, as is also Accupunctuation, which, during the last summer was employed ~~as~~ in several cases, at the Penn^a Hospital, and in three of them was attended with speedy and most decided improvement. The patients recovered the use of their limbs, and in a short time were able to return to their usual avocations! ——

As persons who have suffered from Rheumatism in either of its forms are liable to a return of the disease; every precaution should be observed, to guard against a relapse. Flannel should be worn next to the skin, and sudden changes in the temperature, guarded against by a corresponding change of clothing. The cold bath where it agrees with the patient, is often highly advantageous in restoring the tone and strength of the system.